

WORSE THAN A SOLAR PLEXUS

Dyspepsia Does Stomach More Damage Than Dozen Knock-Out Blows.

The very thought of stopping one of the variety of blows designated in pugilistic nomenclature as the "solar plexus" sends the chills up and down one's back. But a dozen of these blows would not do as much harm nor cause as much suffering as a well developed case of dyspepsia.

The pain of the "solar plexus" might last for an hour or a week, but the dyspeptic stomach goes right on causing its owner misery day in and day out for years. He cannot eat, cannot drink, cannot sleep, cannot enjoy a minute's rest.

There is no reason why you should endure either dyspepsia or "solar plexus." The latter are not scattered around to any great extent, and Rexall Dyspepsia Tablets cure the former.

WAS A VERY SICK MAN. Several months ago my stomach became badly deranged. I was subject to excessive belching, heavy feeling in stomach after eating, dizziness, sick headache, nausea, in fact my whole digestive system seemed badly disordered. I began taking Rexall Tablets, a very sick man, but before taking more than a dozen I began to feel immensely relieved. After taking one box I was entirely cured.—HAROLD SALLACROSS, 819 South Summer St., Nashville, Tenn.

Dyspepsia is caused by an abnormal state of the gastric juices. There is one element missing. The absence of this destroys the function of the gastric fluids. They lose their power to digest food.

Thanks to the recent discovery of a group of famous specialists we are now able to supply the missing element—to restore to the gastric juices their digestive power, and to make the stomach strong and well.

We know that Rexall Dyspepsia Tablets will positively and permanently cure this disease, no matter how bad it is. We want you to try them and will return your money if you are not more than satisfied with the result.

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OLIVER CROMWELL.

The Greatest Error of His Career Was Charles' Execution.

The greatest error of Cromwell's life was the execution of the king. Not that in this he showed himself a man of blood. There was in him not a particle of the terrorist or of the passion for retributive justice which slew the king of France. He had been provoked no doubt by Charles' double dealing, but he did not hate him; on the contrary, he was inclined to him and had wished to come to terms with him. Himself brimming with family affection, he had been touched by the sight of Charles with his children. He was impelled to the fatal act by what seemed to him the necessity and by the uncontrollable wrath of the army against the king, whose perfidious machinations, while he was treating with the parliament for a settlement, had kindled the second civil war, with the Scotch invasion, and brought them and their cause once more into the extremity of peril. It was at the prayer meeting of the soldiers at Windsor, before they marched against Hamilton, that the king's doom was really pronounced. The secret treaty with the Scotch for the invasion of England brought Charles to the block, and his offense surely was capital, though its punishment was most ill advised. The death of the captive king set the king free and absolved the monarchy; it put an expiable blood between the regicides and a great part of the nation, and, besides the king, far from being sickened, as Carlyle says it was, furnished on the martyrdom and has continued to flourish on it ever since. The success of Ikon Basilike was the proof—Goldwin Smith in Atlantic.

WAIFS IN AUSTRALIA.

The State Finds Them Good Homes and Has No Orphanage.

Australia is a continent without an orphanage, a country without an orphan. Each waif is taken to a receiving house where it is cared for till a country home is found. The local volunteer societies canvass their neighborhoods and send to the children's committee of the destitute board the names of any families they have found where children may be placed. The children's committee selects the home which it judges is best adapted to the development of the child in question.

No child is placed in a family so poor that the child might suffer. The foster parent receives a sum averaging \$125 per week for the care of the child and for proper clothing. When of school age the child must be sent to school. The local volunteer committee looks after its care and culture, and zealous neighbors often assist in watching the growth and education of these happy children.

When the child is fourteen years old he begins to work. His earnings are placed in the Postal Savings bank, and at the age of seventeen or eighteen he goes out into the world an independent man. The state, at an expense of less than \$70 a year, has raised a man or woman to contribute to its wealth and prevented the manufacture of a criminal and the expense of courts, prisons and reformatories.

Carry Your Own Pillow.

Many people when away from home find it difficult to sleep well in a strange bed and arise in the morning with a sense of having passed a decidedly unsatisfactory night. An old railway official, who ought to know, says the trouble is all in the pillow. It's the pillow first, last and always. He has slept in many lands and under all imaginable conditions and years ago came to the conclusion that with one's own pillow at hand it mattered little about the bed. On an extended tour he always takes his pillow with him, stowing it carefully at the bottom of the trunk for future reference. "If I could start life over again," he says, "I would learn to sleep without a pillow (the only proper way), but the art must be acquired during childhood. The next best thing is your own pillow wherever possible. Try it and be convinced.—Philadelphia Record.

Wouldn't Eat Eels.

A well known naturalist tells of an experience in the Hebrides last summer. "We saw great numbers of eels actually leaving the sea and ascending a small clear stream which formed the outlet to a shallow loch," he writes. "They varied in size from mere threads to specimens weighing two to three pounds each. The migration continued for a whole week, and one day we succeeded in capturing half a score about fifty yards away from high tide mark. These were offered to a highland shepherd, who, with a shrug and a grimace, said, 'Och, sir, I would liefer eat snakes!'"

Such a Nice Riddle.

"Did you ever hear the alphabetical conundrum, Angelina?" "No, Augustus. What is it?" "It is, When will there be only twenty-five letters in the alphabet?" "Oh, I never could guess that!" "It's when U and I are made one, my darling."

What a nice conundrum it is, Augustus!"

YOUTHFUL ASPIRATIONS. Holden—Both of your children are getting along. They'll soon have to decide upon their careers. Belden—Oh, that's all settled long ago. Tom has made up his mind to be a retired millionaire, and Henrietta thinks she is cut out for a rich widow.—Boston Transcript.

Courting Peace.

"Smith never quarrels with his wife. She spends nearly all her time abroad." "Yes, they get along together by living apart."—Houston Post.

Hard to Approach.

Lady (looking for an apartment)—I'd like to see the janitor, please. Assistant—Did you have an appointment with him?—Brooklyn Life.

Tact comes as much from goodness of heart as from cleverness.—Emerson.

A MONSTER DUMPLING.

It Weighed a Pound For Each Vote Cast at Dumpling Town.

In Halifax county, N. C., prior to 1840 there was a voting precinct known by the old name of Dumpling Town. In 1840, when William Henry Harrison was elected president after a most exciting campaign, Dumpling Town had exactly 114 voters, and every man of these cast his ballot for Harrison.

The people of the small but prosperous town of Scotland Neck, in that county, showed their appreciation of the unanimous vote of Dumpling Town by a generous and whimsical gift. Two days and a night were consumed in building a big dumpling, which was made of apples and flour and which weighed 114 pounds, one pound for each vote cast at Dumpling Town. This monster of a dumpling was put in a sack supported by a tripod and lowered into an immense iron kettle.

It required two days and a night to cook it properly. Then it was lifted out and placed in a specially made bowl cut from the trunk of an enormous cypress tree, and round it were placed 114 dumplings of the usual size. A band of music and fifty wagons were sent to Dumpling Town, and in these wagons were taken to Scotland Neck the 114 true blue Harrison men and their families.

There was great cheering when they arrived at Scotland Neck, and the guests cheered themselves when they saw the feast prepared for them, for, besides the dumplings, no end of good things filled many tables in the spacious warehouse, and the feasting and fun lasted the rest of the day and nearly all night.

A barrel of the best molasses was used as sauce for the big dumpling, and the hungry people ate it all—Youth's Companion.

PAYING IN CENTS.

Creditors May Refuse Large Sums of Small Change.

Ordinarily when a debtor appears before a long time creditor there is no questioning of the creditor's coin in which the debt is to be paid, but the wide possibilities possessed by an arbitrary creditor in stipulating just what coins and in what amounts he will receive payment are enough almost to discourage borrowing.

You can't force a mean creditor to take more than 25 cents' worth of nickels or 25 cents' worth of copper cents. If you could get as much as \$5 worth of old silver three cent pieces or any other generation you could unload \$5 worth on him, just as he would have to take \$5 worth of the silver five cent pieces and \$5 worth of the obsolete twenty cent pieces, which made so much trouble in the late seventies. But you can pay out \$10 in silver dollars and silver quarters and silver half dollars. The trade dollars, of which there are a few still coming into the treasury of the United States for redemption, are worth nothing while the standard dollar is an unlimited legal tender, as is the old "dollar of our dads," the first of which was coined in 1794 and the last in 1873.

Coins that virtually have disappeared from circulation are gold three dollar and one dollar pieces, the trade dollar of silver, the nickel three cent piece, the copper two cent piece, the copper half cent and silver three and five cent pieces.—Omaha World-Herald.

German Paternalism.

American tourists returning from Europe bring back stories of the paternal watch which is kept upon them in Germany. One woman was requested by a policeman to hold up her gown, which was a trailing, elaborate affair of lace and chiffon. It was after dinner, and she was taking a stroll with her husband through a park whose immaculate walks seemed to offer no harm to its delicacy, so she let it hang. The policeman was polite enough. He informed her gravely that any dress that was allowed to trail was liable to collect undesirable matter and prove injurious to health, and he reminded her that one time a law was under consideration to make the wearing of such skirts a misdemeanor.—New York Tribune.

The Weathercock.

The effigy of the cock so often seen on church steeples is usually connected with a legend in connection with St. Peter. As a matter of fact, however, the figure of a cock used to be placed on the tops of sacred trees long before it was used on buildings. The movement of the bird in the breeze was supposed by the superstitious to ward off evil spirits. On a number of modern churches the familiar vane is missing, but in days gone by a church was hardly ever built without the weathercock on its steeple.—London Standard.

Garden Lanterns.

The noted Japanese gardens, famous for their beauty, owe much of their charm to the quaint lanterns which are used in great profusion. The best of their garden lanterns are made of bronze after quaint native designs. Some of them are richly carved and are of great intrinsic value. Many of these lanterns are of great antiquity, and the best examples are seen at Nikko, famous for its exquisite bronzes.

Posthumous Editions.

"Did you ever see anything to equal the way some of these live young authors turn out books?" "Well, they can't compete with some of the dead ones who keep on getting out new volumes every year."—New Orleans Picayune.

When trouble goes hunting him a man may dodge it, but when a man goes hunting trouble it hasn't one chance in a thousand of escaping him.

Misplaced Devotion.

He (bitterly)—If I were rich you'd marry me readily enough! She—Don't, Gussie, don't! Such devotion breaks my heart! He—What do you mean? She—Often have you praised my beauty, but never before my common sense!

TOO RAPID EATING.

It Is One of the Most Fruitful Causes of Ill Health.

One of the most fruitful causes of ill health and bad complexion is the habit of rapid eating. It is growing more and more prevalent in this country. We really haven't time to eat properly, and we have very little time to sleep, yet we hope to retain youth and beauty.

A woman may work ever so hard and be under a great tension while working, but if she will take time enough to eat (a half hour at the least, with a half hour rest at noon), and will sleep seven or eight hours of the twenty-four she will greatly increase her usefulness.

With the habit of rapid eating comes an increase in the amount of liquids taken during the meals. Food properly masticated can be easily swallowed, but if it is chewed it must be washed down with liquid. This, of course, lessens the flow of saliva, dilutes the gastric juices and interferes greatly with the process of digestion.

Those who have tried thorough mastication of their food with no liquid, unless at the end or a half hour after the meal, have learned that the food tastes better, the meal is more satisfactory and the appetite is appeased with less food, the digestion is aided, leaving one much more comfortable than the hasty meal. A few days' trial will convince the most skeptical, for the stomach responds promptly to decent treatment. It expects it. It deserves it.

One of the greatest mistakes of the age is rapid eating, and one of the greatest curses is the nervous dyspepsia caused by it.

A MIGHTY PREACHER.

John Ross Was Strong of Arm and a Good Fisher.

John Ross was a Scotch minister who flourished in the early part of the seventeenth century. Tales of his wonderful deeds are told to this day in his former parish of Blair. At one time the reverend gentleman walked to Mause, a distance of about three miles, for the purpose of seeing a certain farmer and if possible inducing him to come to church, where he had never been. He found him fishing in the river and asked to be allowed to have a cast. "I never lend my rod to anybody," said the farmer. "But," replied the minister, "I have come all the way expressly to see you, and I must have a cast." The farmer, who was a very strong man and had never been beaten in a fist fight, offered to fight for it. "All right," said the minister, and he gave the farmer such a mauling that he was glad to give up his rod. But it was a different kind of fishing that the minister had come for. He asked the farmer to take the rod and conduct him to his house at Mause. When they arrived the minister said, "Now, you go on your knees and pray," telling him that he would not leave till he did so.

So the farmer fell on his knees and cried, "Oh, Lord, deliver me from this man." "Stop!" said the minister. "That is very good. I hope you may always be able to do as well. Now, you have to promise to come to the kirk next Sunday." This the farmer did. Not long afterward he became a leading elder.

Icebergs as Indicators.

In the investigation of the currents round the coast of Newfoundland it has been observed that there is at times a wide difference in the direction of the drift of icebergs and that of the flat or pan ice, which, having no great depth, is governed in its motions by the surface currents and the winds, whereas the icebergs, the larger part of which is submerged to a great depth, follow only the movement of the ocean water as a whole and are uninfluenced by the winds. In consequence a huge berg may often be seen majestically maintaining its slow advance in opposition to the wind and across the general motion of the fields of flat ice surrounding it. The seafarers often take advantage of this fact by mooring their vessels to an iceberg in order to prevent a drift to leeward.—Youth's Companion.

While You Wait.

She had taken her umbrella into one of those places where they offer to recover them "while you wait." "It will take two days," said the man. "But I can't possibly wait two days in here," she remonstrated. "It's so very stuffy, isn't it?" The umbrella mender, without a smile, said he would send it around in a couple of days. She pointed out to him that there was still a big difference between what he advertised and what he could accomplish. Then he explained, "It will be done while you wait," said he, "but you needn't begin to wait until day after tomorrow."—Chicago News.

Too Much Athletics.

Many physicians now claim that the general health is hurt rather than benefited by athletics, that muscle building is not necessary to good health, that to bring about a perfectly trained condition has a severe effect on the nerves, that a built up muscle has a tendency to degenerate and that the heart, being a muscular organ, shares in this danger.

Just as With Her Father.

"Your daughter's music is improving," said the professor, "but when she reads the scales I have to watch her pretty closely." "Just like her father," said Mrs. N. ritche. "He made his money in the grocery business."—Philadelphia Ledger.

It is not the intelligent man who rules, but intelligence; not the wise man, but wisdom.—Goethe.

A Mistake.

"It's a mistake to marry too young," remarked the wise guy. "Well, at any rate, it's a mistake that isn't often repeated," murmured the simple mug.—Philadelphia Record.

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